

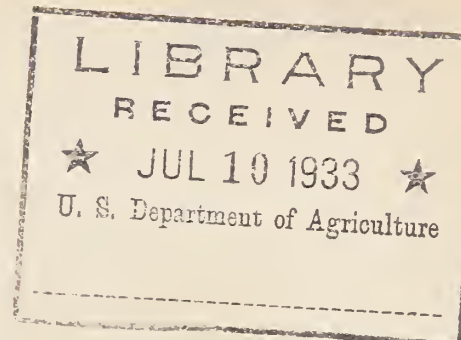
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Reserve

UNITED STATES DEPARTMENT OF AGRICULTURE  
BUREAU OF HOME ECONOMICS  
Washington, D. C.



FOODS RICH IN CALCIUM

Almonds	Figs, fresh or dry
*Amaranth	Hazelnuts
Beans, common or kidney, dry or fresh, shelled; also snap or string	*Kale
*Beet greens	Kohlrabi
*Broccoli	Leeks
Burdock, roots	Lobster
- *Buttermilk	Maple sirup
Cabbage and cabbage greens	*Milk, whole or skimmed; evapo- rated, condensed, and dried
Cabbage, Chinese	Molasses
Carrots	*Mustard greens
*Cauliflower	Okra
Celery	*Orach
*Chard	Oranges
*Cheese	Oysters
Cheese, cottage	Farsnips
Chickpeas	Rutabagas
Chicory, leaves	*Sesame seed
*Clams	Shrimp
*Collards	Sorghum sirup
Cottonseed flour	Soybeans
Cream	Soybean flour
*Dandelion greens	Spinach
Dock or sorrel	Turnips
Eggs, whole	*Turnip tops
Egg yolk	Watercress
Endive	
*Excellent	

List based on data from a number of sources, chiefly from Sherman's "Chemistry of food and nutrition," 4th ed., 1932. Fresh fruits and vegetables here included average .045% or more; those marked as excellent average at least .100%. Drier foods here included, and those used in smaller quantities, as dry vegetables, dry fruits, seeds, nuts, and sirups contain correspondingly higher percentages.

## FOODS RICH IN PHOSPHORUS

- Almonds
- \*Barley, whole
- \*Beans, common or kidney, dry  
or fresh, shelled
- Beans, lima
- Brussels sprouts
- Buckwheat flour
- \*Buttermilk
- \*Cheese
- \*Cheese, cottage
- Chickpeas
- Clams
- Cocoa
- Collards
- Corn, green, sweet
- Cornmeal
- \*Cottonseed flour
- \*Cowpeas, or black-eyed peas, shelled
- Dandelion greens
- \*Eggs, whole
- \*Egg yolk
- \*Fish
- Hazelnuts
- Kohlrabi
- \*Lentils
- \*Lobster
- Meats (having more than 6% protein)
- \*Meats, lean or medium fat (having  
more than 12% protein)
- \*Milk, whole or skimmed; evapo-  
rated, condensed, and dried
- Orach
- \*Oysters
- Parsnips
- Peanuts
- \*Peas
- Pecans
- Rice, brown
- \*Rice bran
- \*Rice polish
- Rye flour
- \*Sesame seed
- \*Shrimp
- \*Soybeans
- \*Soybean flour
- Spinach
- Walnuts
- \*Wheat, whole grain, graham or  
whole wheat flour
- \*Wheat bran
- \*Wheat germ

\*Excellent

List based on data from a number of sources, chiefly from Sherman's "Chemistry of food and nutrition," 4th ed., 1932. Fresh fruits, fresh vegetables, and meats here included average .065% or more phosphorus; those marked as excellent average at least .130%. Drier foods here included, and those used in smaller quantities as dried vegetables, dried fruits, cereal products, seeds, nuts, and cocoa contain correspondingly higher percentages.